

# BREAST STORAGE CAPACITY

## BREASTFEEDING? WHAT'S YOUR STORAGE CAPACITY?

After 6 weeks or so, your baby will let you know if you follow his feeding cues

### AVERAGE MILK INTAKE 1-6 MONTHS ABOUT 30 oz. (900 mL) PER DAY



- \* Baby often takes both breasts
  - \* Needs many feeds per day to gain weight well
  - \* Must wake often at night to feed
  - \* You may never double pump > 4 oz. (120 mL)
- You may have a **SMALL STORAGE CAPACITY**  
~2.5 oz. (75 mL) X 12 feeds = 30 oz. (900 mL)



- \* Baby may take 1 or both breasts
  - \* Needs 7-8 feeds per day to gain weight well
  - \* Needs some night feedings
  - \* You may double pump ~4 oz. (120 mL) with missed feed, ~2 oz. (60 mL) ~60 min. after feed
- You may have a **MEDIUM STORAGE CAPACITY**  
~3.75 oz. (110 mL) x 8 feeds = 30 oz. (900 mL)



- \* Baby often takes 1 breast, is done quickly
  - \* Needs fewer feeds per day to gain weight well
  - \* May sleep for longer stretches at night
  - \* You often double pump > 4 oz. (120 mL)
- You may have a **LARGE STORAGE CAPACITY**  
~5 oz. (150 mL) x 6 feeds = 30 oz. (900 mL)

## IF FED ON CUE, BABIES CAN THRIVE WITH ANY STORAGE CAPACITY:

But because the amount of milk they get per feed varies by so much, to get the milk they need per 24 hours, their feeding patterns must vary

## FAQs

### WHAT IS STORAGE CAPACITY?

Determined by the volume of milk available at your fullest time of the day.

May change from one baby to the next.

Baby  
1



Baby  
2

### WHAT DETERMINES STORAGE CAPACITY?

It varies among mothers and is determined by the amount of room in your milk-making glands.



### IS IT RELATED TO BREAST SIZE?

No. Breast size is determined mainly by the amount of fatty tissue in your breasts.



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